

IMPLEMENTATION OF WALKING THERAPY IN ELDERLY WITH NURSING PROBLEMS RISK OF FALLS IN IRYOU HOUJIN FUKUJUKAI NISHIHARA KEIAIEN JAPAN

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ABSTRACT

A person who enters old age will experience a decline in body function which is characterized by reduced hearing function, vision that has begun to deteriorate, decreased muscle strength which causes slowness in carrying out activities so that this can hinder daily activities. The aim of this study was to provide walking therapy to reduce the risk of falls in the elderly in Iryou Houjin Fukujukai Nishihara Keiaien. The method used is a case study which involves several stages of the nursing care process starting from assessment, diagnosis, intervention, implementation and evaluation of nursing, nursing diagnosis of risk of falls related to balance disorders. The results of this case study showed that elderly people with nursing problems were at risk of falling in Iryou Houjin Fukujukai Nishihara Keiaien as much as 75% of the population. From these nursing problems, nursing intervention was carried out by providing walking therapy for approximately 10-15 minutes in 3 days and muscle strength results were obtained. increasing number of elderly people. The increase in muscle strength that occurs in the elderly is not only caused by walking exercise for approximately 10-15 minutes in just 3 days, but there are other additional interventions provided such as providing bone supplements, providing nutrition, and other supportive pharmacological therapies.

Keywords: elderly; risk of falling; walking training

INTRODUCTION

Becoming elderly is an event that will definitely be experienced by all living creatures, especially humans. This incident cannot be avoided, someone is said to be elderly if they are over 60 years old. Data obtained from WHO, the elderly population in Southeast Asia is 142 million (8%). The population experienced a significant increase in 2020 with the number of elderly reaching 28.8 million (11.34%) of the total population and it is estimated that this will increase threefold in 2050. Decreased physical abilities, such as weakening of muscle strength, balance problems, decreased vision and hearing function, can disrupt and hinder daily activities, thereby increasing the risk of falls in the elderly. Falls themselves are something that often happens to the elderly, this can have an impact on soft tissue, broken bones, disability which can lead to decreased mobility, and many other impacts that may occur (Lia et al, 2020).

Considering that there is an increase in the number of falls in the elderly, treatment is needed to reduce the number of incidents, apart from using medication, physical exercise is also very necessary to reduce the risk of falls. One of the therapies that can be done is physical activity training therapy to maintain balance. and tandem walking exercises. Tandem walking exercise is a type of balance exercise carried out by walking in a straight line with the heel of the foot touching the other toes and carried out for a distance of 3-6 meters. This walking exercise can improve lateral postural balance which plays a role in reducing the risk of falls. elderly. Balance itself is influenced by several factors including the sensory system (somatosensory), the sensory system (vestibular), and the vision system (visual). Walking therapy is also a form of physical activity that can reduce stress, by providing walking therapy, especially outdoors and with the sense of sight looking at the

surrounding natural environment, it can provide comfort, this will really help reduce stress levels in the elderly (Sonhaji & Eka, 2021).

METHOD

The research method for this case study is descriptive using a nursing care approach process which consists of 5 stages, namely assessment, nursing diagnosis, nursing intervention, nursing implementation, and evaluation. This case approach was carried out to increase muscle strength in patients who were at risk of falling and was carried out for 3 days using data collection techniques through interviews, observation and physical assessment.

RESULTS AND DISCUSSION

The results of this case study showed that elderly people with nursing problems were at risk of falling as much as 75% of the elderly population in Iryou Houjin Fukujukai Nishihara Keiaien Japan, this requires treatment or intervention to prevent the risk of falling. After carrying out the nursing action of administering terai for approximately 3 days, it was found that the strength and muscle balance of the elderly, especially Mrs. Ts, which is the subject of this case study, has increased and the nursing intervention of providing walking therapy can be used as an alternative to reduce the incidence of falls in the elderly in Iryou Houjin Fukujukai Nishihara Keiaien, Japan. Tandem walking has an influence on the M/L (Medial/Lateral) walking relationship, ankle control, investor/everstor mechanism, load/unload dominant muscles of hip abduction and adduction, while in AP conditions tandem walking will increase the extensors and flexors hips thereby training sensory and motor skills to maintain balance from a neuro-control perspective.

strength:

Pre		Post	
2	4	4	5
2	4	4	5

Parts of body	Day 1	Day 2	Day 3
Right upper extremity	4	4	5
Right lower extremity	2	2	4
Left upper extremity	4	4	5
Left lower extremity	2	2	4

Based on the results of Mrs. Ts's muscle strength before and after walking therapy for 10-15 minutes within 3 days. These results show that walking training can increase muscle strength, this intervention can be used as an alternative or additional intervention for patients with balance disorders. Nursing care focuses on fulfilling basic human needs through the stages of assessment, nursing diagnosis, nursing intervention, implementation and evaluation. The author will discuss the application of nursing care for patients at risk of falling with the nursing intervention of providing walking therapy to improve balance and muscle strength in the elderly in Iryou Houjin Fukujukai Nishihara Keiaien Japan. The results of the study carried out on February 16 2024 at 10.00 WIT showed that the main complaint was aches in the joints and a risk of falling, the results of the physical examination showed BP: 160/80 MmHg, pulse frequency: 87x/minute, RR: 25x/minute, Temperature: 36°C right and left leg muscle strength 2, right and left hand muscle strength 4. After giving walking therapy exercises for 10-15 minutes for 3 days, the results showed that there was an increase in muscle strength on day 3 from 2244 to 4455 on the first day, this shows that walking therapy can increase muscle strength. Increased muscle strength occurs not

only from providing walking training for 3 days, but there are other factors provided such as bone supplements, nutrition, and other pharmacological therapies that support.

CONCLUSION

Based on a case study of nursing care for patients at risk of falling in terms of achieving muscle strength with the walking therapy intervention that has been given

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